

## LEARNING ROOM

## BIG HALL

## SMALL HALL

## CYCLE

**INSTRUCTOR EDUCATION  
DEVELOPMENT**  
08:30-09:15

**POWER OF LAUNCHES**  
09:30-10:00

**GRIT™ TECHNIQUE WORKSHOP  
(PLYO & CARDIO)**  
10:30-11:00

**SH'BAM™ TECHNIQUE  
WORKSHOP**  
11:10-11:40

**MAXIMISING YOUR  
TIMETABLE**  
11:50-12:20

**GRIT™ TECHNIQUE WORKSHOP  
(PLYO & CARDIO)**  
12:30-13:00

**BODYVIVE™ TECHNIQUE  
WORKSHOP**  
13:20-13:50

**BODYSTEP™ TECHNIQUE  
WORKSHOP**  
14:00-14:30

**CXWORX™ TECHNIQUE  
WORKSHOP**  
15:10-15:40

**BODYJAM™ TECHNIQUE  
WORKSHOP**  
15:50-16:20

**BODYCOMBAT™**

08:20-09:15  
Lee

**BODYCOMBAT™  
TECHNIQUE WORKSHOP**  
09:25-09:55  
Lee

**INSTRUCTOR EDUCATION  
DEVELOPMENT**  
10:10-10:55  
Phil/ Sarah

**GRIT™ CARDIO**  
11:10-11:40  
Claire

**SH'BAM™**  
11:55-12:40  
Phil

**BODYBALANCE™  
TECHNIQUE WORKSHOP**  
12:55-13:25  
Samantha

**BODYBALANCE™**  
13:35-14:30  
Samantha

**BODYJAM™**  
14:45-15:40  
Phil

**BODYATTACK™ TECHNIQUE  
WORKSHOP**  
15:55-16:25  
Claire

**BODYATTACK™**  
16:35-17:30  
Claire

**BODYPUMP™**

08:20-09:15  
Claire/Shawn

**BODYPUMP™ / GRIT™ STRENGTH  
TECHNIQUE WORKSHOP**  
09:25-09:55  
Claire

**BODYPUMP™**  
10:10-11:05  
Ricky

**BODYPUMP™ / GRIT™ STRENGTH  
TECHNIQUE WORKSHOP**  
11:15-11:45  
Ricky

**BODYPUMP™**  
12:00-12:55  
Shaun

**BODYPUMP™ / GRIT™ STRENGTH  
TECHNIQUE WORKSHOP**  
13:00-13:30  
Shaun

**GRIT™ SERIES  
(PLYO & STRENGTH)**  
13:50-14:20  
Lee

**BODYSTEP™**  
14:45-15:40  
Ben

**CXWORX™**  
16:10-16:40  
Ricky

**BODYVIVE™**  
16:55-17:40  
Ben

**RPM™ / SPRINT  
TECHNIQUE WORKSHOP**  
09:20-09:50  
Jess/ Pauline

**RPM™**  
10:00-10:45  
Pauline

**SPRINT**  
11:15-11:45  
Jess

**RPM™**  
12:00-12:45  
Pauline

**RPM™ / SPRINT  
TECHNIQUE WORKSHOP**  
13:00-13:30  
Jess

**SPRINT**  
13:50-14:20  
Jess

**RPM™**  
14:45-15:30  
Pauline